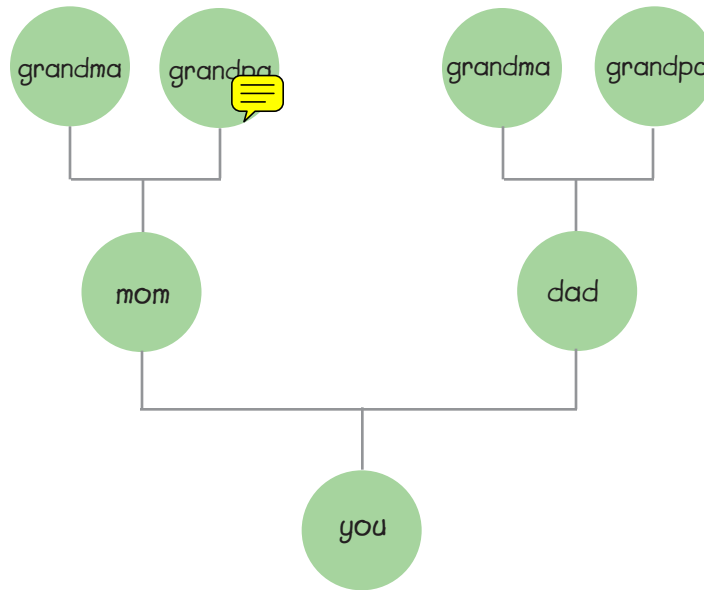




A Keepsake Book for Baby

From pregnancy through first year



I am your mother for now and all time,
your heartbeat's rhythm, my maternal rhyme.

So gently I hold you, caressed at my breast,
so strong our bond, laying all fears to rest.

Gazing at me your eyes hold such trust,
nestled and nursing. I know that I must

be giving you everything, fulfilling your needs,
securing your happiness, planting the seeds

for days filled with joy, as you coo like a dove,
for a lifetime of health, a legacy of love.



written by Laurie Coker



place baby first picture here

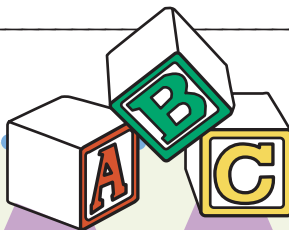
Name: _____

Birthday: _____ Time: _____

Weight: _____ Length: _____

Born with _____ hair. Eyes color: _____

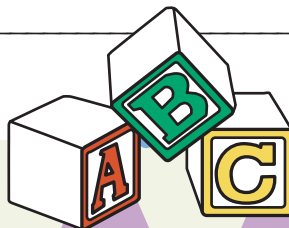
Place: _____



When you were growing inside of me, the first time I felt you I thought..

I gained _____ pounds while I carried you during my pregnancy.

I imagined you would look like...



Names picked out for you:

Boys' names:

Girls' names:



When first saw you, I _____

When dad first saw you, he _____

Everyone thought you look most like _____

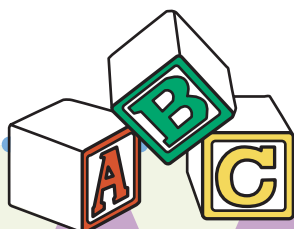
Visitors at the hospital:





Over the months, breast milk helped you grow strong and healthy.
Look how you grew!

Date	Age	Weight	Length
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____



Breast milk helped keep you active, too:

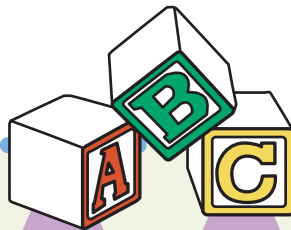
The first time you sat up, you were _____ months old.

You learned to crawl when you were _____ months old.

And you took your first steps at _____ months!



place baby picture here



During the first year, you enjoyed so many things!

Your favorite toy was _____

Your favorite song was _____

Your favorite book was _____



place baby picture here



You enjoyed breastfeeding so much. Your favorite place to breastfeed
was _____

~~Your special name for breastfeeding was~~ _____



place baby picture here



Breastfeeding helped keep you happy and contented.

You first smiled at _____ months, when

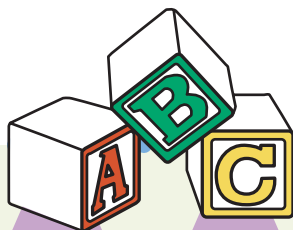
_____.

You especially enjoyed visits from _____.

You first waved bye-bye when _____.



place baby picture here



You were so wonderful to watch.

When you were breastfeeding, you would _____

When you were a little older, you would _____

_____, while breastfeeding.



place baby picture here

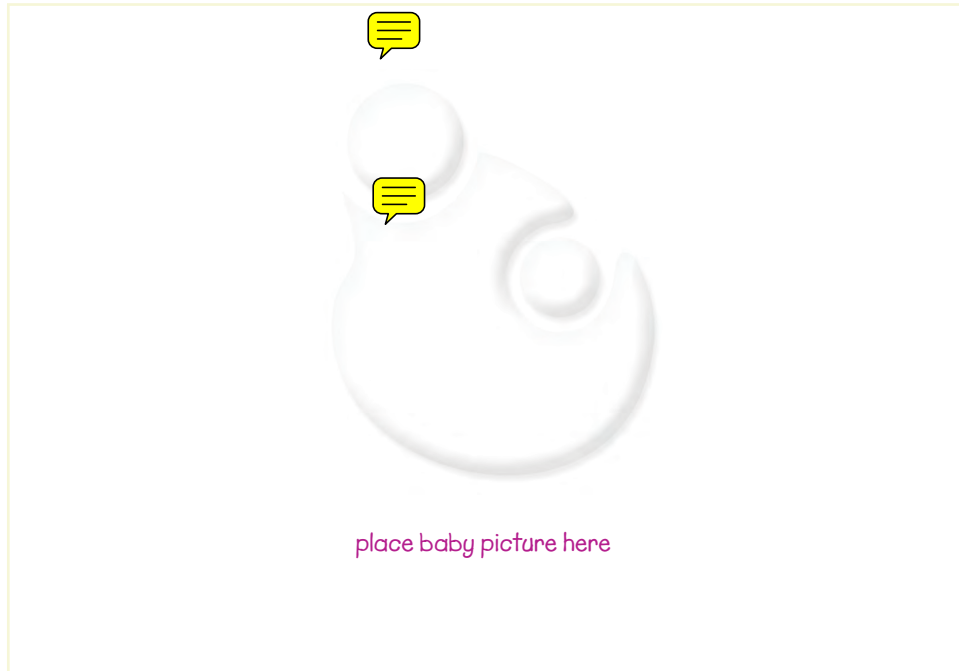


Your first tooth appeared when you were _____ .

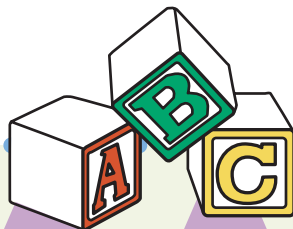
You tried your first solid food at _____ months.

It was _____

Your favorite foods were _____



place baby picture here



Special memory from your first year: _____



"WEAN ME GENTLY"

By: Cathy Cardall

I know I look so big to you,
Maybe I seem too big for the needs I have.

But no matter how big we get,
We still have needs and they are important to us.
I know that our relationship is growing and changing,
But I still need you.

I need your warmth and closeness,
Especially at the end of the day
When we snuggle up in bed.

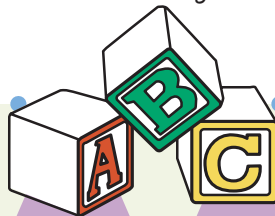
Please don't get too busy for us to nurse.
I know you think I can be patient,
Or find something to take the place of nursing:
A book, a glass of something,

But nothing can take your place when I need you.
Sometimes just cuddling up with you,
Having you near me is enough.

I guess I am growing and becoming independent,
But please be there.

This bond we have is strong and so important to me.
Please don't break it abruptly.

Wean me gently, because
I am your mother, and my heart is tender.



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100% Natural Ingredients



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